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Prevention or Treatment: It's Often Up to You

By: Erin Ulibarri, MPH

Most people know that eating a balanced diet, being physically active, not smoking, and maintaining a healthy weight are ways to prevent many diseases and live a longer and higher quality of life. But how often do you think about getting regular health screenings?

The Affordable Care Act (health care reform law) made most of the Medicare preventive screenings free. Medicare Part B beneficiaries will no longer be charged a co-pay for most of the screenings. Getting regular tests can alert you and your doctor about possible health problems, such as diabetes, cancer, or heart disease. Always ask your health provider which tests are right for you.

Could you tell your health provider the last time you had a cholesterol or cancer screening? The Office on Aging has **free** health screening charts and pocket-sized booklets available to record your health history, including screenings and immunizations. Take this with you each time you go to your doctor so that you have all your information with you. In addition to your doctor, screenings are sometimes offered at health fairs and community events.

Healthier Living workshops are also being offered through the Office on Aging and Health Care Agency. These **free** 6-week classes are for people with chronic conditions and/or their caregivers. The benefits include increased energy and physical activity, reduced pain and anxiety, better communication with others, and fewer doctor visits and hospitalizations.

The Office on Aging Information and Assistance can assist you with your prevention efforts. Call **1-800-510-2020** or **1-714-567-7500** and request the following:

- Health Guide Books
- Screening & Medicare Services chart (also available in Spanish & Vietnamese)
- Schedule and locations for Healthier Living workshops (classes also offered in Spanish, Farsi & Chinese)

The Office on Aging also has information on caregiving, transportation, meals, legal services, health insurance, prescription drug programs, case management, social activities, exercise, adult day health care, housing and much more!



Advocacy. Action. Answers on Aging.

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